



**STRUGGLE FOR LIFE, DIGNITY, AND COURAGE OF  
ANNABELLE WORTHINGTON**

**IN DANIELLE STEEL'S *A GOOD WOMAN* :  
AN INDIVIDUAL PSYCHOLOGICAL APPROACH**

**JOURNAL**

**ARRANGED BY**

**Deva Fery Anggriawan**

**A2B.008.112**

**FACULTY OF HUMANITIES  
DIPONEGORO UNIVERSITY**

**2013**

**STRUGGLE FOR LIFE, DIGNITY AND COURAGE OF ANNABELLE  
WORTHINGTON IN DANIELLE STEEL'S *A GOOD WOMAN* :  
AN INDIVIDUAL PSYCHOLOGICAL APPROACH**

**Thesis Advisor: Drs. Siswo Harsono, M.Hum.  
Faculty of Humanities Diponegoro University**

**ABSTRACT**

Novel is a part of literatur that the reader will receive knowledge from novel. *A Good Woman* is one of the best seller novel that establised in 2008 by Danielle Steel, published by Random House on October 2008. This research will analyze the structural elements from novel *A Good Woman* and analyze the struggle of life of Annabelle Worthington, her dignity and her courage through psychological approach. Based on the analysis and discussion, we can conclue that The structural elements of *A Good Woman* novel take setting in 1912's, with Annabelle Worthington as the protagonist, who has a strong character, smart and remarkable woman. Annabelle Worthington has a great story of struggle for life, dignity and courage in Danielle Steel's *A Good Woman*. The 'id' and the 'superego' are constantly in conflict with each other, and the 'ego' tries to resolve the discord. If this conflict is not resolved, we tend to use defense mechanisms to reduce our anxieties. Psychoanalysis attempts to help patients resolve their inner conflicts. Annabelle has 'id' and 'superego' so she involved conflict with another, especially her struggle for life and dignity. As she learn from her past and make a new life and relationship in France, she become a remarkable woman who did not tied in a marriage and can accept all the risk and take the chance in flowing the life.

## A. BACKGROUND OF THE STUDY

Literature is an expression of humans' feeling toward their lives such as love, hatred, emotion, and ambition. Through literature some people try to express their ideas, desires, and thought although perhaps they scarcely happen in reality. In the book *an Introduction to Literature*, Henry Hudson (1922: 63) states that literature is a human's tool to give expressions to human lives. Literature gives special knowledge of life that is not identical with that of real intellectual and critical values. It is actually possible for a well-read person to make mature life without having a great deal of experience.

Novel is a part of literary works in which people can get knowledge and insight. Kennedy says: "a novel is kind of story whose author tries to create the sense while we read, we experience actual life. Obviously, novel gives us many experiences, suggestions motivation that we can use to make a better life." (Ziglar, 2010: 28).

A novel contains many values to make readers have imagination through fictitious works; readers can reflect it in their life and they will be wiser. Wilbur S, Scott (1962: 85) says, "The importance of literature is not merely in its way of saying but also in what it says. A novel does not only contain artistic words but it also asks a reader to reflect and contemplate the

experience of the character or characters in the novel."

A novel can be analyzed from the psychological point of view. The main discussion is focused on the psychological sides of the main character, for instance, the personality of the main character. In this study the writer is interested to analyze the novel *A Good Woman* written by Danielle Steel based on that theory because it tells about Annabelle Worthington, a remarkable woman, a good woman, a true survivor who triumphs against overwhelming odds. Because Annabelle's story is more than compelling fiction, it is a powerful celebration of life, dignity, and courage, and a testament to the human will to survive.

*A Good Woman* is a 2008 novel, authored by Danielle Steel and published by Random House in October 2008. The book is Steel's seventy-sixth best selling novel. Annabelle Worthington was born into a life of privilege in the glamorous New York society set living on Fifth Avenue and in Newport, Rhode Island. But in April 1912, everything changed when the Titanic sank, taking away her family and glamorous life forever. Annabelle then pours herself into volunteer work, nursing the poor, igniting a passion for medicine that would shape the course of her life. More grief is around the corner with her first love and marriage. Betrayed by a scandal undeserved, Annabelle flees New

York for war-ravaged France, to lose herself in a world of helping others in the First World War field hospital run by women. After the war, Annabelle become a Paris doctor and becomes a mother living happily until a coincidental meeting reminds her of her former life to which she returns stronger and braver than before, a new woman to fight against the overwhelming odds thrown against her in life.

So from the background above, this thesis is entitled: "Struggle for Life, Dignity and Courage of Annabelle Worthington in Danielle Steel's *A Good Woman* : An Individual Psychological Approach.

## B. Purpose of the study

Based on the problem statement above, the writer can propose some objectives of the study below:

1. To analyze the novel based on its structural elements.
2. To analyze the struggle for life, dignity and courage of Annabelle Worthington in Danielle Steel's *A Good Woman*.

## C. The Struggle for Life, Dignity and Courage of Annabelle Worthington in Danielle Steel's *A GOOD WOMAN*

This section will discuss the struggle for life, dignity and courage of Annabelle Worthington in Danielle Steel's "*A Good Woman*". The theory

used are psychological approach from Jung and Erikson. Their theory is the development from Freud's theory. In his later work, Freud proposed that the human psyche could be divided into three parts: Id, ego and super-ego. Freud discussed this model in the 1920 essay *Beyond the Pleasure Principle*, and fully elaborated upon it in *The Ego and the Id* (1923), in which he developed it as an alternative to his previous topographic schema (i.e., conscious, unconscious and preconscious). The id is the completely unconscious, impulsive, childlike portion of the psyche that operates on the "pleasure principle" and is the source of basic impulses and drives; it seeks immediate pleasure and gratification.

Freud acknowledged that his use of the term *Id* (*das Es*, "the It") derives from the writings of Georg Groddeck. The super-ego is the moral component of the psyche, which takes into account no special circumstances in which the morally right thing may not be right for a given situation. The rational ego attempts to exact a balance between the impractical hedonism of the id and the equally impractical moralism of the super-ego; it is the part of the psyche that is usually reflected most directly in a person's actions. When overburdened or threatened by its tasks, it may employ defense mechanisms including denial, repression, and displacement. This concept is usually represented by the

"Iceberg Model". This model represents the roles the Id, Ego, and Super Ego play in relation to conscious and unconscious thought. Freud compared the relationship between the ego and the id to that between a charioteer and his horses: the horses provide the energy and drive, while the charioteer provides direction.

Freud's psychoanalysis is both a theory and a therapy. It is the original psychodynamic theory and inspired psychologists such as Jung and Erikson to develop their own psychodynamic theories. Freud's work is vast and he has contributed greatly to psychology as a discipline. Freud, the founder of Psychoanalysis, explained the human mind as like an iceberg, with only a small amount of it being visible, that is our observable behavior, but it is the unconscious, submerged mind that has the most, underlying influence on our behavior. Freud used three main methods of accessing the unconscious mind: free association, dream analysis and slips of the tongue. He believed that the unconscious mind consisted of three components: the 'id' the 'ego' and the 'superego'. The 'id' contains two main instincts: '*Eros*', which is the life instinct, which involves self-preservation and sex which is fuelled by the 'libido' energy force. 'Thanatos' is the death instinct, whose energies, because they are less powerful than those of 'Eros' are channeled away from ourselves and into

aggression towards others. The 'id' and the 'superego' are constantly in conflict with each other, and the 'ego' tries to resolve the discord. If this conflict is not resolved, we tend to use defense mechanisms to reduce our anxieties. Psychoanalysis attempts to help patients resolve their inner conflicts.

An aspect of psychoanalysis is Freud's theory of psychosexual development. It shows how early experiences affect adult personality. Stimulation of different areas of the body is important as the child progresses through the important developmental stages. Too much or too little can have bad consequences later.

Here are the story of Annabelle Worthington that reflect the Freud theory and Wilhelm Wundt human experimental psychology approach.

#### **D. Struggle for Life**

The Worthingtons, and her mother's family, the Sinclairs, were directly related to the Vanderbilts and the Astors, and somewhat more indirectly to all the most important New York families. Her father, Arthur, owned and ran the city's most prestigious bank. His family had been in banking for generations, just as her mother's family had been in Boston. Her brother Robert, at twenty-four, had worked for her father for the past three years. And of course, when Arthur retired one day, Robert

would run the bank. Their future, like their history, was predictable, assured, and safe. It was comforting for Annabelle to grow up in the protection of their world. Annabelle was tiny, delicate, even smaller than her mother. She was a petite blonde, with long, silky golden hair, and huge blue eyes. She was beautiful, with small hands and feet, and perfect features. Throughout her childhood her father always said she looked like a porcelain doll. At eighteen, she had a lovely, well proportioned slim , and a gentle grace. Everything about her suggested the aristocracy that was her heritage and that she and all her ancestors and relations had been born into.

One night, Annabelle was shocked from the news that Titanic sank, where her family on it. There were hundreds of funerals that week in New York, and elsewhere. Newspapers everywhere were filled with poignant stories, and shocking accounts. It was becoming clear to everyone that many of the lifeboats had left the ship half empty, carrying only first class passengers, and the world was shocked.

*“Annabelle moved to New York and she find her first love. Annabelle needed a wedding dress, and a trousseau. There were a million details to plan and organize, and it was the happiest Consuelo had been in a year. She was sorry that Annabelle wouldn't have her*

*father there to see it, and Consuelo wanted to make it even more beautiful for Annabelle, to make up for it. Their engagement was announced in the New York Herald the day before Annabelle's birthday and the following day Josiah presented her with her engagement ring.”(Steel's, VII: 97)*

From the description above, we can conclude that Annabelle moved to New York after the tragedy Titanic sank and there she found her new life. She will married to Josiah, her first love, Annabelle still a strong woman although there is no father and brother in her life. This reflected that Annabelle is a strong woman.

*“Josiah took another breath then, to tell her the rest. “I have spoken to my attorney in confidence. He has already arranged for us to be divorced. We'll do it as quietly as possible. If anyone asks, you can say I was a dreadful husband, and you're well rid of me.” (Steel's, XI: 172)*

From the description above, we can say that Josiah and Annabelle divorced and Annabelle still face the fact that she divorced toughly.

### E. Dignity

Filled with breathtaking images and historical detail, Danielle Steel's new novel introduces one of her most unique and fascinating characters: Annabelle Worthington, a remarkable woman, a good woman, who triumphs against overwhelming odds. More than compelling fiction, her story is a powerful celebration of life, dignity and courage, and a testament to the human will to survive

*"She was an incredible human being with a good heart, and he truly loved her....start a family soon ...," she said in a whisper, and for a long moment he said nothing, but she felt him sit beside her. She had said it to him once before, and he hadn't liked it then either. There were times, and subjects, about which Josiah did not like to be pushed. "*  
(Steel's XI: 135)

From the description above, we can say that Annabelle want to married with Josiah and she has a dignity to say that to Josiah. Family is built from a marriage. In general, marriage is that it is a social contract between two individuals that unites their lives legally, economically and emotionally. Being married also gives legitimacy to sexual relations within the marriage.

Annabelle as a married woman, not just breeding, Annabelle is a victim and she must face her life like that.

*"Is that all we're good for? Just breeding?" Hortie said to her friend angrily, after her mother left the room. "And why is it so damn easy for men? All they do is play with you, and then you get all the misery and the work, you get fat and ugly and throw up for months, then you risk your life having a baby, and some women die. And what do men do about it? Nothing, they just do it to you again, and run out with their friends and have fun." ..... Maybe life really wasn't fair."* (Steel's X: 154)

Her mother knew that Annabelle's wedding has a trouble, although Annabelle try to hide her problem. Annabelle have a high dignity so she does not want her mother know her marriage is in trouble.

### F. Courage

Courage is the ability to confront fear, pain, danger, uncertainty, or intimidation. Physical courage is courage in the face of physical pain, hardship, death, or threat of death, while moral courage is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement.

*".....Eventually she decided that she was going to say that she had never been married. It was simpler that way in case she met anyone who knew him. She was Annabelle Worthington again, as though the two*

*years with Josiah had never happened, although they had and she had come to love him deeply. Enough to forgive him for the frailties he couldn't help, and the illness that would ultimately kill him." (Steel's XIII: 193)*

From the description above we can say that Annabelle have courage to face the future after her trouble with Josiah. After her divorced, Annabelle go to France and she try to move on his life again with her profession. According to the Willhem Wundt theory, from the attention, and experience, Annabelle become a strong woman and have courage to face the future. Annabelle has 'id' and 'superego' so she involved conflict with another, especially her struggle for life and dignity. As she learn from her past and make a new life and relationship in France, she become a remarkable woman who did not tied in a marriage and can accept all the risk and take the chance in flowing the life.

From the discussion above we can say that Annabelle Worthington has a great story that reflected the struggle for life, dignity and courage in all her story of life.

## F. CONCLUSION

Annabelle Worthington has a great story of struggle for life, dignity and courage in Danielle Steel's *A Good Woman*. The 'id' and the 'superego' are constantly in conflict with each other, and the 'ego' tries to resolve the discord. If this conflict is not resolved, we tend to use defense mechanisms to reduce

our anxieties. Psychoanalysis attempts to help patients resolve their inner conflicts. Annabelle has 'id' and 'superego' so she involved conflict with another, especially her struggle for life and dignity. As she learn from her past and make a new life and relationship in France, she become a remarkable woman who did not tied in a marriage and can accept all the risk and take the chance in flowing the life.

## BIBLIOGRAPHIES

- Abram. 1981. *Teori Pengantar Fiksi*. Yogyakarta: Hanindita Graha Wida.
- Christie, 1991. *Play and early literacy development*. New York: Albany.
- Hartoko, Dick and Bernadus Rahmanto. 1986. *Pemandu di Dunia Sastra*. Yogyakarta: Kanisius.
- Hudson, Henry. 1992. *Introduction to Literature*. London Publisier.
- Kenny, William. 1966. *How to Analyze Fiction*. New York: Monarch Press.
- Leng, Andrew. 2000. *Mastering Unseen Prose*. Singapore: Pears on Education Asia Ltd.
- Madden, Frank. 2002. *Exploring Fiction*. United States: Longman, Inc.



McLeod. 2007. *Psychology Perspective*. Simply Psychology.

No Names,  
<https://www.wikipedia.org>  
 acces on 2 January 2013.

Perrin, Laurence. 1987. *Literature: Story and Structure*, 7<sup>th</sup> ed. Harcourt Brace Jovanovich, Inc. USA.

Scott, Wilbur S. 1962. Five approaches of literary criticism: an arrangement of contemporary critical essays. New York: McMillan Pub.

Stanton, Robert. 1965. *An Introduction to Fiction*. Jakarta: PT Gramedia Pustaka.

Steel, Danille. 2009. *A Good Woman*. New York: A Dell Book.

Sumardjo. 1998. *Apresiasi Kesusastraan*. Jakarta : Gramedia

Tong, Rosemarie. 1992. *Feminist Thought: A Comprehensive Introduction*. London: Routledge.

Wellek, Rene and Austin Warren. 1956. *Theory of Literature*. New York: Harcourt.

Ziglar, Zig. 2010. *Embrace the Struggle: Living Life on Life's Terms*. New York: Howard Books.